



**Start Point:** Heritage Centre/ Tourist Office, Kildare town centre. From Cork take the M7 north, take R415 exit (junction 13, Kildare, Nurney). At roundabout, 1st exit onto R415. Through next roundabout, then right

Monasterevin Rd-Claregate St to trailhead. From Dublin N7 south, merge with M7 Cork, Limerick. Exit at junction 13.

**Time & distance:** 5km, 3 miles. (National Stud and Japanese

Gardens visit, extra)

**Difficulty:**

**Map:** Discovery Series No 55.